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March 19, 1946.

HOW HOMEMAKERS CAN HELP SAVE FOOD TO FIGHT FAMINE

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Home help is wanted. There's a job for every homemaker to do in getting food to the world's starving masses. The time to start is NOW.

Wheat and wheat products...food fats and oils...these are the mainstays in food supplies being shipped overseas to avert famine. The President's Famine Emergency Committee has called on householders to "reduce your purchases of wheat products by 40 percent and fats by 20 percent."

Here are some ways to work out this reduction, by using other foods, and by being thrifty with the wheat and fat we do use--to the last crumb and drop.

POTATOES "Reach for a potato instead of bread"

One small serving of potato can replace a slice of bread nutritionally, and the potato offers some vitamin C, besides.

At breakfast, let potatoes replace wheat cereal, toast, or biscuit.

If every minute counts, fry sliced potatoes country style, using a small amount of meat drippings to help them brown.

Make potato cakes from leftover mashed potatoes.

Prepare hash-brown or creamed potatoes from boiled potato leftovers.

Let potato salad take the place of a sandwich.

In making stuffings for meat or poultry, use potatoes rather than bread.

Top meat pies and other baked dishes with fluffy mashed potatoes instead of pastry crust.

Serve creamed meat, chicken, or fish on mashed potato instead of on toast.

In place of poached egg on toast, try eggs baked in nests of mashed potato.

Make pancakes using fresh grated potato to replace a large part of the flour.

Let cold mashed potatoes do duty for some of the flour in making hot potato scones.

OATMEAL

An average serving of oatmeal without sugar and cream equals approximately two slices of bread in food value.

If every man, woman, and school child will replace two slices of bread with a serving of oatmeal each week, this would mean 135,000 tons of wheat for the hungry in 4 months time.

Use oatmeal to replace part of the wheat flour in making bread, biscuit, muffins, pancakes, cookies.

Use leftover cooked oatmeal as thickening for gravies, soups, and stews.

Use cooked or dry oatmeal as a binder in meat loaf, in place of bread crumbs.

Serve a Scotch soup occasionally, made with rolled oats, potatoes, meat broth, and savory seasonings.

Use cooked oatmeal instead of bread in making fruit betties and puddings.

#### CORN MEAL

Where corn meal is plentiful, use it in cornbread, muffins, griddle cakes, etc.

Use leftover cornbread in stuffings.

In place of a rice pudding, make Indian pudding which contains cornmeal.

Make extra cornmeal mush, to slice and fry in meat drippings...and serve hot. The fried slices make a hearty breakfast dish, or can take the place of wheat bread at other meals.

#### BARLEY AND BUCKWHEAT

Use pearl barley when available to give body to soups and chowders, instead of rice, or spaghetti or vermicelli.

Don't overlook buckwheat cakes as cereal food for breakfast.

#### WHAT ABOUT RICE?

Rice eating countries of the Far East report such imminent mass starvation that every "additional ounce" they receive is valued. In this country we can—

Use potatoes or hominy grits wherever possible in place of rice in the main course of the meal.

Avoid throwing rice at weddings now, when it is so urgently needed to feed hungry people.

#### THRIFTY WAYS WITH WHEAT BREAD AND FLOUR

Prevent waste of bread. It is estimated that one slice out of every loaf of bread baked every day goes into garbage. That is enough bread to feed a million people in devastated countries for half a year.

To keep bread fresh and prevent mold, store loaves in moisture-proof paper wrapping in the refrigerator. Or if refrigerator space is not available, store bread unwrapped in a well-ventilated box in a cool place, and scald and sun bread box often. Dry bread can be used, but moldy bread is a total waste.

Follow the lead of the restaurants and serve only enough bread for one slice apiece for each person at the table. Let the family ask for "seconds", and think up ways to make the crusty heel of the loaf a prized piece.

Where bread is baked at home, bring back the old-time custom of slicing bread on the table, and be ready to halve the slices to fit slender appetites.





Dry bread makes good toast. Besides plain toast, don't overlook such kinds as French, cinnamon, hot-milk, cheese, jelly, and the thin Melba toast that smart restaurants often serve in place of soft bread.

Use dry bread in substantial desserts, such as bread and cereal puddings, and baked fruit scallops made of slices or "fingers" of bread combined with canned or fresh fruit and a little sweetening and fat.

Turn odds and ends of bread into dry crumbs. Familiar uses of crumbs are coating foods for frying and topping baked dishes, and stuffing vegetables or meat, there are bread-crumb specials.

Watch, when toasting and baking. Burned bread feeds nobody!

In making sandwiches, don't trim off and discard crusts. For sandwiches served at home make the open-face type, using one slice of bread instead of two, or better yet, try to let abundant perishable foods take the place of sandwiches entirely.

Don't hoard or waste flour. Buy flour only as needed and keep in a cool dry place, safe from insects and rodents.

Watch flour supplies closely in summer, if flour must be kept in a warm kitchen. Weevils are likely to develop if flour is stored in a warm room for a long time. "Feed hungry people not weevils with your flour" might be a slogan.

#### THRIFTY WAYS WITH FATS AND OILS

A teaspoon of fat a day saved by every man, woman, and school child will mean a total saving of at least one million pounds of fat a day.

Buy table and cooking fat only as needed...some fats turn rancid if kept too long. Make best use of every bit of fat you have, whether bought as fat or whether it comes with meat, fish, and poultry.

Bake and broil fish, instead of frying. Some fish have plenty of fat of their own for seasoning.

Serve home-made boiled salad dressing instead of rich salad dressings. Or better yet, serve raw vegetable relishes with salt for seasoning.

Make single-crust open-faced pies in place of two-crust kind. Or use pastry squares on top of stewed fruit in lieu of pie. In place of pastry or cake, make the most of fresh fruit in season for desserts.

Put on ice for the duration of the emergency your taste for French fries and other foods fried in deep fat.

Trim excess fat from meat and poultry before cooking. Render separately at low temperature and strain. Save cracklings for fat and flavor in cornbreads, muffins, stews, and soups.

Collect drippings from broiler, roaster, frying pan, and the top of the soup kettle.

Salvage and sterilize fat from plate waste. Remove uneaten fat and meat, render carefully and strain.

Store meat drippings and rendered fat in separate labeled jars, or make an all purpose blend. Keep cold, dry, and covered.

When fat's on the fire, watch the flame. No smoking is the rule. Once fat reaches the smoking point, it breaks down chemically, soon turns rancid, and loses its sweet flavor.

Good ways to use saved fats are:

Number 1 use in gravy. Use saved fat also in sauces for scalloped dishes. Or add it to soups.

Flavor vegetables with it. Add to plain boiled vegetables, mash with potatoes, mix with a little vinegar and use as the dressing for wilted lettuce, top off a baked potato with it, use for pan-frying cabbage, squash, and other vegetables.

Add during cooking to meat that hasn't enough fat of its own.

Make it the fat in meat piecrust, cake, gingerbread, waffles, muffins, biscuits, stuffing for poultry or meat, macaroni, and other cereal dishes.

"Butter" bread crumbs in it.

To mask the flavor of lamb, mutton, and other such fats, combine with onions or mixed vegetables in soup, or use as the shortening in crust for meat pie or in spice cake, gingerbread, or orange cakes or cookies.

\*\*\*\*\*Turn in for salvage to be used in making soap every drop of fat unfit for use as food.

#### GARDENS AND FOOD PRESERVATION

Home gardens and home food preservation have a special job again this year. Whatever we do for ourselves--in planting gardens, eating home-grown fruits and vegetables, putting up food for winter--frees more foods of the kinds that can be shipped abroad, and lightens transportation loads.

#### FOOD FOR THOUGHT

Our food supply is on a scale that allows 3,400 calories per person. Some of this vanishes in waste, but there is still national abundance. Overseas, the urban population in half of Europe is existing on less than 2,000 calories and in some areas less than 1,500 calories a day--and over there good food is not wasted.

